



The PIER / Recovery Community Center
 Newport, Kentucky 41071
 1002 Monmouth Street
 (859) 547-6539
 www.pierrcc.org
Updated: 08/22/2019

GROUP SCHEDULE

Please schedule an Enrollment Session or a One on One appointment with a Peer Support Specialist, Tuesday through Friday, from 11am-12:30pm and 3:30pm-4:30pm.

Monday	Tuesday	Wednesday	Thursday	Friday
Open: 2:00pm-5:00pm	Open: 11:00am-4:30pm	Open: 11:00am-4:30pm	Open: 11:00am-4:30pm	Open: 11:00am-4:30pm
	11:30am-12:20pm NAMI Connections		11:30am-12:20pm NAMI Connections	
	12:30pm-1:20pm Attacking Anxiety	12:30pm-1:20pm Women's Recovery	12:30pm-1:20pm Double Trouble in Recovery	12:30pm-1:20pm Art Class
	1:30pm-2:20pm Stress Management	1:30pm-2:20pm Grief Support	1:30pm-2:20pm Narcotics Anonymous	1:30pm-2:20pm Fun Activity
2:30pm-3:20pm Parenting	2:30pm-3:20pm Anger Management	2:30pm-3:20pm LGBTQ+ in Recovery Employment Support Group	2:30pm-3:20pm Alcoholics Anonymous Medically Assisted Recovery	2:30pm-3:20pm Fun Activity
3:30pm-4:20pm Anger Management				
	11:00am-4:30pm Mental Health America Pro Bono Counseling	10:45am-12:00pm 3 rd Wednesday / Month KCPSS Connections Meeting	11:00am-2:00pm Mental Health America Support Employment	
2:00pm-5:00pm 4 th Monday / Month HIV TESTING (NKY HD)		11:00am-2:00pm NorthKey Community Care Behavioral Health Intake	11:00am-4:30pm Mental Health America Pro Bono Counseling	11:00am-4:30pm Mental Health America Pro Bono Counseling

PARTNER SERVICES

Educational Small-Group Classes and Support Groups

Classrooms/ Support Groups:

Parenting: KCPSS Facilitator leads a 12 week court recognized curriculum. This class offers healthy parenting skills for the conscious, open minded parent. Curriculum includes creating household rules, different parenting styles, and also fun games and activities.

Attacking Anxiety: KCPSS Facilitator leads the *Mood Juice Self Help Guide* curriculum. This class will help participants build skills to cope through life stressors so they can understand symptoms created by anxiety, causes of, and answers the question, "What can I do to overcome anxiety?"

Stress Management: KCPSS Facilitator leads the *Clinic Community Health Centre* curriculum. This class will provide information and education about stress, effects of stress and provides best practice stress management and relaxation techniques.

Anger Management: KCPSS Facilitator leads this 12 week, SAMSHA approved and court recognized curriculum. This class teaches participants to manage anger effectively, stop violence or threats of violence, develop self-control over thoughts and actions, and provides participants support in a group setting.

Double Trouble: 12 Step approach combining mental health and substance abuse. *Dual Diagnosis*.

Medically Assisted Recovery Anonymous: A 12 Step program for MAR Participants to gather to share experience, strength, and hope.

Narcotics Anonymous Meeting: 12 Step introduction and support group of Narcotics Anonymous. The message is an addict any addict can stop using drugs, loose the desire to use and find a new way of life. Message is HOPE and promise is freedom from active addiction.

LGBTQ+ in Recovery: KCPSS Facilitator leads this support group, committed to improving the climate and support systems for the LGBTQ+ community. It addresses specific recovery related topics unique to these individuals. *"Please educate us on preferred pronouns."*

Women's Recovery Meeting: KCPSS Facilitator leads *She Recovers* - a 5 step process that helps women create and maintain a safe, judgement free atmosphere to discuss women specific related recovery topics.

NAMI Connections

Support group for individuals and families affected by mental illness.

Grief Support: KCPSS Facilitator leads this support group - a safe place to share thoughts and feelings in order to cope with challenges or and barriers in the grieving process. Various types of loss are investigated including family, friends, work and self.

Employment Support Group: KCPSS Facilitator leads this career coaching session, designed to develop resumes, interviewing skills, and various other skills related to employment readiness. This group also works on interpersonal communication skills through actual practice and training, as well as budgeting and time management techniques.

Alcoholics Anonymous: 12 Step introduction and support group of Alcoholics Anonymous. AA is an international fellowship of men and women who have had a drinking problem. Participation is open to anyone who wants to do something about his or her drinking problem.

One to One Peer Support Focus Tools:

Re-Entry: KCPSS facilitator leads this *NREEP/SAMSHA* curriculum. This tool will assist participants in a one on one setting with collaborative mapping based interventions that help identify goals while reentering the world after being exposed to incarceration, hospitalization and other treatment facilities.

Seeking Safety: KCPSS facilitator will assist participants one on one in focusing on healthy coping skills. This material will cover topics that vary from honesty, setting boundaries, taking care of self, ask for support, and how to access community resources.

Trauma Survivors- Strategies to Thrive for Women/ Men: This tool helps participants identify trauma, process trauma, cope with triggers, and begin to heal from traumatic events in a one on one setting.

Relapse Prevention: KCPSS Facilitator leads the *Hazelden Relapse Prevention Curriculum*. This tool will assist participants one on one to identify relapse warning signs, triggers, tips to avoid relapse, ways to receive support, and other coping skills necessary to avoid relapse.